

Drinking Vinegar Recipe

This tasty oxymel is full of herbs that nourish the heart and promote circulation. Sweetened with honey, this tangy concentrate makes a lovely addition to mocktails and cocktails on hot summer days.



- 1 handful dried deseeded rosehips
- 1 handful fresh (or dried) orange peel
- 1 handful oatstraw
- 2 tablespoons freshly grated ginger
- 1 tablespoon cinnamon chips
- Approximately 3 cups apple cider vinegar
- ½ cup honey or more to taste

- 1 Place your rosehips and oatstraw in a coffee grinder and grind them for about 15 seconds. If you are using dried orange peel, you can also add this to the coffee grinder. If you are using fresh orange peel, you can mince it with a knife. For the herbs that are in the coffee grinder, aim to have them coarsely chopped rather than powdered.
- 2 Add all of your herbs (including the cinnamon and ginger) to a quart-sized glass jar. Pour the apple cider vinegar over your herbs and stir well.
- 3 Cover your jar with a glass or plastic lid. If you only have a metal lid, use parchment paper as a barrier between your vinegar and the lid. (Vinegar corrodes metal, and this would ruin your drink.)
- 4 Shake well. Let this mixture sit in a cool, dark place for 2 weeks. Shake it daily.
- 5 After 2 weeks, strain off and reserve your vinegar. Add honey to your strained vinegar and stir well.
- 6 Store your oxymel in the fridge where it will last upwards of 6 months.

Yield: 2.5–3 cups

Note: to create your own at-home mocktail, add 1–2 tablespoons of this oxymel to 8 ounces of sparkling water. Garnish with a fresh orange slice. Enjoy!